

NOTES & QUOTES

from married folks

It is HARD and takes work, but is certainly a commitment worth making. Having divorced parents and going through premarital counseling, I definitely didn't go into it thinking it would be all sunshine and lollipops, but I don't think I realized how much negotiating there would be (especially once we began parenting). I learned quickly that communication was our most effective tool, and

THE MORE WE COMMUNICATED ABOUT HOW WE FELT ABOUT THINGS, THE MORE WE WERE TEACHING EACH OTHER ABOUT OURSELVES.

We are still learning about each other all these years later... so that's another thing! You'll never know everything, and just because you "become one" on your wedding day doesn't mean you can read each other's minds. **-KATIE, 18 YEARS**

What I didn't quite realize about marriage before I got married, is how you can develop unhealthy or unproductive habits together--and it's much harder to break out of those bad habits as a couple as it would be as an individual. When you're a young married couple it's easy to overlook some of these bad habits because you want to enjoy each other. Then once you have kids, you focus on them and not as much on challenging your spouse to be healthier or more productive... It's especially hard when you have both been hit with the lazy gene, LOL. So my advice for couples would be to:

KEEP CHALLENGING EACH OTHER TO BE THE BEST VERSIONS OF YOURSELVES, NOT ONLY AT WORK BUT ALSO IN EVERYDAY HOME LIFE.

And if you have kids, set an example of support and encouragement (being each other's cheerleader) for them to observe. **-KRISTIN, 14 YEARS**

Resist the feeling that it's your sole responsibility (as a woman) to plan for specific aspects of the wedding. Typically, much of the planning falls on the bride-to-be's shoulders, leading to high levels of stress.

It's very helpful to

INCLUDE YOUR FUTURE SPOUSE IN ALL ASPECTS OF THE WEDDING PLANNING SO THAT YOU CAN EXPERIENCE THIS TOGETHER.

Similarly, post-marriage, it's important to establish household responsibilities. Don't let these naturally fall on one person's shoulders.

-RU, 2 YEARS

Having a mentor to walk with us through SYMBIS was the best preparation we could have had. The conversations it opened up on expectations, communication, and choosing who “we” would be, not just our own family backgrounds, has been priceless. But above all, it started a model of communication. Life circumstances change. Even personal goals and priorities may change, but

A FOUNDATION OF COMMUNICATION AND WORKING OUT “US” TOGETHER HAS BEEN KEY TO NAVIGATING THE UPS AND DOWNS FOR TWENTY-THREE YEARS AND COUNTING.

-TARA, 24 YEARS

Marriage is actually quite fun when it’s running right! Like a good working car or engine. it takes maintenance. But if you do the maintenance required, it can be a huge blessing!

**ALWAYS SPEAK KINDLY, HONESTLY,
AND WITH AN ATTITUDE OF “I’M FOR YOU,” EVEN
IF (WHEN) YOU DISAGREE ON SOMETHING.**

-MINDY, 2 YEARS

Just chill out.

**NINE TIMES OUT OF TEN, ANGER IS
MISGUIDED OR MISPLACED AND NOT THE
ULTIMATE EMOTION IN THE DRIVER’S SEAT.**

Also, don’t be selfish.

Try to always consider the other person first, even when, and, maybe especially, when it’s hard.

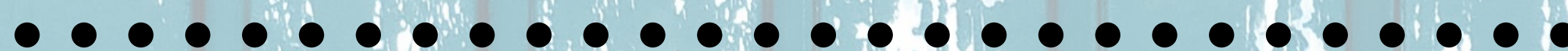
-JASON, 16 YEARS

There’s lots of joy in marriage! People don’t talk about that enough. Make sure your spouse is your best friend. Establish that, and treat them as you would your best friend. With love and respect at all times.

BE OVERLY GRATEFUL FOR EVERYTHING. DON’T HOLD BACK COMPLIMENTS.

Tell them “I love you” and “thank you” and “You rock” and “You’re the best” - so often that you can’t help but have joy and love for them, and will look for the best in them. Don’t withhold. Life’s too short to stay upset.

LOVE, FORGIVE, AND LOVE AGAIN. -BRICE, 2 YEARS



Nancy was a sincere and compassionate guide for us as we reflected on our assessments. She helped shed a fresh light on many of our strengths, as well as challenges we can continue to grow through. Coaching with Nancy awakened us to immediate opportunities to strengthen our connection.

-KYLE & MANDY, MARRIED 17 YEARS

We highly recommend SYMBIS! The course was very holistic, and did a great job of detailing specific aspects we can improve. Nancy did a really nice job explaining the questions and answers in a way that conveyed compassionate concern and a desire for our marriage to be the best it can be.

-MINDY & BRICE, MARRIED 2 YEARS

**FIND OUT HOW NANCY &
SYMBIS
CAN HELP YOU BUILD
YOUR LIFETIME OF LOVE.**



nancy@contemplatehope.com